SURREY *matters*

SURREY

TIME TO VOLUNTEER

The residents who prove you can make a difference with whatever time you have to give

IN THIS ISSUE

WINTER 2015-2016

Surrey's recycling success

Winter walks with a difference

Sugar-free baking with Stu Henshall

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The Hub, 131 High Street,
Epsom, KT19 8EF

Thursday 25 February 2016 at
10.00am - 3.30pm

The Hub, 1A Corrie Road,
Addlestone, KT15 2HT

Tuesday 23 February 2016 at
10.00am - 3.00pm

Elmbridge Community Hub, 72
High Street, Walton, KT12 1BU

Friday 26 February 2016 at
10.00am - 4.00pm

The Hub, Ian Goodchild Centre,
Knoll Road, Camberley,
GU15 3SY

Monday 29 February 2016 at
10.00am - 4.00pm

The Hub, 94 High Street,
Godalming, GU7 1DW

01483 806806 **info@surreychoices.com**

Welcome

John Furey
Cabinet Member for Highways, Transport and Flooding

As 2016 gets underway, you may be thinking about making a fresh start, taking up a new hobby or embarking on an exciting project. If you're looking for ideas that can make a positive difference to others, volunteering is a great place to start.

Our cover star Duncan, from Oxted, recently started volunteering as a befriender. Duncan spends a few hours a fortnight chatting with a man in his eighties, and on page 8 explains why it's the ideal volunteering role for his busy lifestyle. He's just one of many Surrey volunteers who prove that limited time doesn't have to be a barrier to making a difference in your local community.

You'll find lots more inspiration in this issue to help get the year off to a great start, from our readers' suggestions for winter walks in the Surrey countryside on page 7, to some delicious recipes that could help you cut down the amount of sugar in your diet on page 16.

We're also answering residents' questions about how we're improving our roads. Head to page 12 to find out how our highways team is working to deliver better roads for people in Surrey.

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ON THE COVER

We meet some of the Surrey volunteers who prove that whatever time you have to give, it will always make a difference. **Page 8**

PRIORITY FEATURES

Caring for our environment Surrey resident Mark Davis finds out what happens to recycling once it's collected. **Page 10**

Supporting our vulnerable adults How a local organisation is helping residents with sight and hearing problems to live independently. **Page 11**

Improving our roads Answering your questions about how the council is investing in Surrey's road network. **Page 12**

Protecting our vulnerable children Giving young people seeking asylum in Surrey the chance of a better life. **Page 14**

Creating opportunities for young people Care leaver Dan explains how his apprenticeship has led to a brighter future. **Page 15**

Keeping families healthy Get some sugar-free recipe inspiration from two of Surrey's keenest bakers. **Page 16**

In each issue, our features highlight real-life examples of Surrey County Council's priorities. Find out more at **surreycc.gov.uk/ourpriorities**

If you would like this magazine in large print, on tape or in another language, please let us know. For advertising opportunities, email **surreymattersads@surreycc.gov.uk**

Photo of Stu Henshall (on cover): Andrew Ivan Green Photography

News

Be ready for anything this winter

KEEPING FAMILIES HEALTHY
working for a better Surrey

At this time of year the cold and wet weather can cause a few problems. Here are some simple tips that can help:

- Get repeat prescriptions in good time and stock up your medicine cabinet.
- If you're over 65 or have a long term health condition, visit your pharmacist for advice as soon as you start to feel unwell.
- Check on older neighbours, family and friends.
- Find out if you're eligible to join the Priority Services Register, which gives older and disabled people support if their energy supply is disrupted. Call 03456 009 009 (SMS: 07527 182861).
- Make a flood plan so you know what to do if you're affected by flooding. A plan can help you be prepared for the practical and emotional impact of flooding in your home or local area – visit **healthysurrey.org.uk/wintersafety**.

Surrey's recycling success

CARING FOR OUR ENVIRONMENT
working for a better Surrey

Thank you to everyone who's been recycling their old clothes and home textiles. Latest figures show that Surrey residents recycled 530 tonnes of them in April and May last year – an incredible 110 tonnes more than in the same two months the year before.

This follows a county-wide campaign which highlighted that all clothes and home textiles can be recycled – even tights, underwear and accessories. To find out how to recycle clothes and home textiles where you live, contact your district or borough council, or visit **recycleforsurrey.org.uk**.

HAVE YOUR SAY ON CHANGES TO LOCAL BUS SERVICES

Do you travel by bus to get to work or school, to go shopping or to attend medical appointments or visit friends? Surrey County Council is proposing changes to some local bus services with the aim of making critical savings in the face of huge funding pressures, while maintaining the services that people in Surrey rely on most. To find out more and have your say on the proposals, visit **surreycc.gov.uk/transportreview.** Paper copies of the questionnaire are available at libraries and local council offices across Surrey, or by calling 0300 200 1003 (SMS: 07527 182861). The consultation closes on Monday 14 March 2016.

COULD YOU BE THE VICTIM OF A **SCAM?**

Each year thousands of people are targeted by criminals who persuade them to send money by offering something that doesn't exist. To help you, or someone you know, avoid being a victim of postal or phone scams, check for these warning signs:

- Lots of post promising large cash prizes.
- Frequent phone calls from strangers offering goods and services.
- Regularly having to get a new cheque book.
- Lots of catalogues, with cash prizes available for placing an order.
- Letters from psychics threatening bad luck or promising good fortune.

If these seem familiar to you or someone you know, call the Citizens Advice consumer helpline on 03454 04 05 06 or visit **surreycc.gov.uk/scammail**.

Give Surrey's new car club a try

CARING FOR OUR ENVIRONMENT
working for a better Surrey

Residents in Surrey can now hire car club vehicles from more locations across the county thanks to a new partnership between Surrey County Council and City Car Club. The cars and vans are available to hire by the hour and include brand new low emission cars.

Car clubs help to reduce traffic, pollution and can save you money. With access to a choice of cars and vans parked locally, membership means that you only ever pay for a car or van when you need one. We're offering Surrey Matters readers the chance to give it a try for a special membership cost of just £10 for the first year, with £10 drive time credit included. Just go to **citycarclub.co.uk/surrey** and use the code **CCCSURREY16** when signing up.

In brief...

SCHEME LAUNCHES TO HELP SAVE LIVES IN SURREY

Firefighters in Surrey are now responding to certain medical emergencies as part of a pilot scheme launched last September. The scheme means that when there are crews and vehicles available, specially trained firefighters will be able to start giving medical help to patients in life-threatening situations while an ambulance is on its way.

DON'T BOTTLE IT UP

It's easy to sit back and relax with a drink after a long day at work, but have you ever thought about the impact this could have on your health? Take our alcohol test at **healthysurrey.org.uk** to find out if you're drinking too much and see how you can cut back a little.

FREE CHILDCARE PARENT PORTAL

If you have children aged two, three or four, a new online parent portal means that it's never been easier to check if you're eligible for 15 hours of free childcare a week. Visit **surreycc.gov.uk/freechildcare** to find out more and apply or register online.

CHANGES TO BENEFITS

The Government is introducing some changes to benefits for people who are looking for work or are in work and on a low income. A new means tested benefit, Universal Credit, will replace a number of different benefits, starting with Single Jobseeker's Allowance from this February. Applications for Universal Credit will also be online only. For information or advice on the changes, please visit **surreycc.gov.uk/universalcredit**.

IN THE SPOTLIGHT

John Glenister Bookham resident and volunteer speaker for Kent, Surrey & Sussex Air Ambulance.

What made you become a volunteer for the Air Ambulance service?
I'd been aware of the work they do for a long time – about 20 years ago I saw an air ambulance attend a very bad road accident and remember thinking that an ambulance couldn't have got through the traffic. It made me realise how important the service is. When I retired eight years ago I got in touch with them and have been volunteering ever since.

You volunteer as a speaker for the charity. How did that come about?
I'd been helping out with things like events and store collections, but one day they needed someone to cover a talk, so I stepped in. I had some experience of public speaking from giving presentations at work, but this was a completely different experience – your audience really wants to hear what you have to say.

Why are these talks important for the charity?
The talks are all about raising awareness. The KSS Air Ambulance service costs more than £6.5million to run every year, and it's funded almost entirely by donations from people and businesses. Once people understand this, it's incredible how generous they are.

Who do you give talks to?
Oh, it's amazing – a complete cross-section of people in Surrey. It has ranged from an audience of 2,000 in Guildford Cathedral at an event with the Guildford Symphony Orchestra, to five ladies in a living room. When we give presentations to small groups they tell their friends and there's a real ripple effect. It's also very rewarding presenting to school children and youth groups. They're the ones who will carry the torch as they get older.

How much of your time do you give as a volunteer speaker?
It's really flexible. There's always lots going on and if you want to volunteer on a regular basis you can, but it's completely up to you. Whatever time you can give will be appreciated.

To find out more about how you can support Kent, Surrey & Sussex Air Ambulance, or to request a talk, visit **kssairambulance.org.uk** or call **01622 833 833**.

"The service costs more than £6.5million to run every year, and it's funded almost entirely by donations."

Walking in a winter wonderland

Do you have a favourite country walk that has a special something which makes it truly great? Maybe it's a bracing climb with a stunning view at the top, a relaxing wander through a pretty village or a rewarding ramble to a cosy pub. Surrey's countryside is packed with hidden gems, so we asked Surrey Matters readers to recommend their top winter walks that offer something a bit different.

Denbies
Photo: www.kenwhalley.co.uk

A riverside stroll

Carmen O'Connor from Guildford visits the countryside all year round and shared her favourite winter walk along the River Wey with us. "I start at the Mill on Newark Lane and walk for about 45 minutes to Pyrford Lock. This walk is beautiful throughout the seasons with the reflection of the trees in the water, but on a day when there's a sprinkling of snow or frost there's a sense of magic to it. I often stop at The Anchor, a lovely pub along the way, for a spot of lunch."

Hill climbing, coffee and cake

Emma Mitchison shares her countryside walks with her dog Shiva. She let us in on one of her favourite escapes during the winter – a walk up Leith Hill. "The thing I love the most about this winter walk is the stillness in the woods and the crisp leaves left from the autumn under foot. I like to stop for coffee and cake at Leith Hill Tower and take in the stunning views."

Views and vineyards

Graeme and Diane East of Forest Green told us about their favourite winter walk, which takes in stunning views of the North Downs. "We love coming to Denbies Wine Estate. It's a great place to get some exercise in the winter months, and it's really interesting seeing the staff getting the vines ready for the next season. After walking through the vineyard up to Ranmore Common, the views of the North Downs are well worth the effort. Plus, it helps knowing that there's a nice hot snack waiting for us back at the Denbies cafe."

River Wey

Leith Hill

Want more inspiration for great winter days out? We've teamed up with iFootpath to bring you the Explore Surrey Collection – the best Surrey walks to download and follow on your phone. Find out more at **surreycc.gov.uk/explore**.

Time to volunteer

Have you always wanted to volunteer but something's been holding you back? Maybe you think you don't have enough time, are concerned about making a regular commitment, or just don't know how to get started. We met three Surrey residents who've found their perfect voluntary roles, and who prove that no matter how much time you have to give, you'll always make a difference.

Duncan Playford

Volunteer befriender

"I'm semi-retired and wanted to find a local volunteering opportunity that would be flexible enough to fit around my social life and work commitments. I was also keen to use my skills, so when I spoke to the Oxted volunteer centre, I mentioned that I could speak Spanish and French.

"The volunteer centre helped me find a great opportunity befriending Tom, a gentleman in his eighties who loves speaking Spanish. I've been meeting up with him for over three months now and we have a wonderful time. Tom was a pilot for 20 years, stopped off a lot in Spain and used to read the Spanish dictionary in his hotel room! He's got some amazing stories – I'm in total awe of him.

"We usually meet for a couple of hours every other Sunday, but it could easily be a different day or more or less often – it's completely flexible, as well as being so rewarding. Tom's wife cares for him, so when I visit she also gets the chance to have a break."

Duncan volunteers through the Tandridge Befriending Scheme. Call **07796 307 286** to find out more.

Lara Smith

Volunteer with Reigate Sea Cadets

"I moved to Surrey four years ago and wanted to volunteer as a way of getting involved in the local community. Because I work 9 to 5 as a project co-ordinator, I needed something that would fit around this. I was a Sea Cadet when I was younger, so was pleased to discover there were opportunities to volunteer with Reigate Sea Cadets during evenings and weekends.

"I'm a uniformed instructor and help out with the cadets' marching band, and I absolutely love it. I do this for a few evenings a week and sometimes at weekends, but some volunteers get involved for just a few hours a week, so it's a great role if you want to fit volunteering around a busy working life.

"I now have a young child of my own, but with the cadets I feel like I also have a family of more than 30 kids. Working with the same young people and seeing their successes is hugely rewarding. A recent highlight was when the marching band performed at the Tower of London – it's a good job I was marching at the back so that no-one could see the tears streaming down my face!"

Visit **sea-cadets.org** or call 020 7654 7000 to find out more.

Jeanette Skeens

Volunteer fundraiser for Whiteley Village

"I found out about volunteering through Voluntary Action Elmbridge. They put me in touch with Whiteley Village, a retirement community in Walton-on-Thames for older people with limited means, where I now volunteer selling books and CDs online to raise money. When I first started I was doing one or two hours every fortnight, but I now volunteer for a day a week as I'm helping the charity set up a new volunteering department.

"The role is really flexible, so it's ideal. I work part-time for our family business, and have three young sons so as soon as the summer holidays arrive I can't do any volunteering, and Whiteley Village are fine with that. They also give me the option of working from home on my laptop.

"I feel like I'm actually making a real difference to the charity. When I was helping out a few weeks ago, we raised £50 in about 45 minutes. It's rewarding finding something that you love to do, while helping someone at the same time – you really get that warm, fuzzy feeling."

To find out more about Whiteley Village, visit **whiteleyvillage.org.uk** or call 01932 842 360.

You want to volunteer – what next?

Head to **surreycc.gov.uk/volunteer** for:

- Details of your nearest volunteer centre, where advisers can help match you with local opportunities.
- Examples of some of the different types of volunteering roles you could choose from.
- Flexible volunteering roles that don't require a regular commitment – perfect if you're busy or want to give volunteering a try for the first time.
- Inspiration from people already volunteering in Surrey.
- Links to online databases where you can search for volunteering roles based on your location, availability and interests.

Once you've got started, share your volunteering stories via twitter and instagram using **#timetovolunteer**.

Getting it sorted

Do you know what happens to your recycling once it's been collected? Surrey Matters took Walton-on-Thames resident **Mark Davis** to a materials recovery facility in Leatherhead to find out.

"I've often wondered where my recycling goes so it was a real eye-opener to visit the facility. It's so easy to put things into our recycling bin at home, so I was amazed by how much effort goes into making sure it's used again.

"The sorting involves lots of conveyor belts with some items being picked off by hand and others by machines. It's a complex set up, but the staff explained how it's important that the different types of recycling like paper, glass, plastics and cans are separated, as they all go to different places to become new products.

"Once the sorting is done the materials are pressed together into huge bales, ready to be delivered to companies that produce recycled products. Some of the products are obvious like recycled paper, but others are really surprising. Car bumpers, paint pots, toy rockets and even football shirts were mentioned!

"The visit reminded me about all the different things you can recycle from all over the home, like shampoo and shower gel bottles. We've now got a recycling bin upstairs, as well as the one in the kitchen, to make sure that we're recycling as much as we can."

How is recycling sorted?

Recycling is unloaded from the collection vehicles into the sorting system.

Glass is removed by machine and large cardboard boxes are taken out by hand.

Magnets and electric currents are used to separate out tins and cans.

Plastic bottles, pots, tubs and trays are sorted by hand.

After that, there should only be paper and small pieces of cardboard left on the conveyor belt.

Finally, the different materials are baled, ready to be turned into new products.

What can be recycled?

Only 53 percent of Surrey's rubbish is currently recycled but you can recycle items from every room in the home such as:

- Bleach and shampoo bottles from the bathroom.
- Shoe boxes and magazines from the bedroom.
- Food tins, plastic pots and food trays, and glass jars from the kitchen.
- Newspapers and tissue boxes from the living room.

For a full list of what can be recycled, visit your local district or borough council website or **recycleforsurrey.org.uk**.

Caring for our environment is a priority for Surrey County Council. Find out more at: **surreycc.gov.uk/ourpriorities**

SUPPORTING OUR VULNERABLE ADULTS

working for a better Surrey

A vision for the future

Surrey Matters speaks to Epsom resident **Joe Scott** about how a local organisation has helped him overcome the challenges of hearing and sight impairment.

Shopping, cooking and arranging to meet friends are just some of the things many of us take for granted. But for people with combined hearing and sight problems, these everyday tasks can be a constant challenge.

Sight for Surrey is one of the many local organisations that Surrey County Council works with and supports to help people with disabilities live independently. We spoke to Joe Scott about how the organisation has helped him.

"I wear two hearing aids and am sight impaired. Although my vision could be much worse, having both a sight and hearing impairment affects my confidence and can make it difficult to do certain things by myself. But since finding out about Sight for Surrey I feel a lot more confident.

"Sarah, a Communicator Guide from the organisation, helps me once a week with food shopping, booking appointments or any other phone calls I need to make. We get on really well, and she's also helped me with getting specialist equipment for my kitchen and fixing problems with my hearing aids.

"Thanks to Sight for Surrey, I've also got back into archery. They found a local sports centre that does archery sessions suitable for people with hearing and sight impairments, and I've really enjoyed going along to those.

"I would definitely recommend the service to other people with sight and hearing problems, as it will make you realise that you can do things despite these problems – you just need to be confident in your abilities."

Sight for Surrey can offer advice and support for anyone whose eyesight has become a cause for concern, whether they're registered with a sight impairment or not. Their services include volunteer befrienders, employment support and help for those newly diagnosed with eye disease. To find out more visit **sightforsurrey.org.uk**, call 01372 377 701 or text 07500 926 834.

Supporting our vulnerable adults is a priority for Surrey County Council. Find out more at: **surreycc.gov.uk/ourpriorities**

How to find local support and advice

If you or a friend or relative has a disability, do you know how to find out what help and advice is available locally?

Surrey Information Point is an online resource set up by Surrey County Council. It's packed with information about the many local organisations just like Sight for Surrey that can help people in the county live healthy, independent lives. Discover what support is out there by visiting **surreyinformationpoint.org.uk** or call 0300 200 1005 (SMS: 07527 182 861).

Improving Surrey's roads

YOUR QUESTIONS ANSWERED

We asked our residents if they had questions about Surrey's roads and then quizzed the council's highways team on their behalf.

Q. "Sometimes you repair one pothole but leave one right next to it. Why?"
Charlotte Stevens from Warlingham

A. "Roads get constantly worn and damaged. The net result is many thousands of potholes every year. It would be impossible and expensive to repair them all, so we prioritise the worst ones. We focus on keeping the roads safe. Sometimes that means leaving minor faults to focus on safety-critical defects."
David Lillington, Project Engineer, Surrey Highways

Q. "Why do some potholes keep coming back, especially on the Bletchingley Road in Merstham?"
Paul Cook from Merstham

A. "When the road's not solid beneath the surface the repair won't work - it's like having an air bubble under the road and instead of a patch repair it needs resurfacing. That's why we're doing the county's worst roads under a £100 million pound project called Operation Horizon. Resurfacing is expensive but it saves money in the long run. For a road to get the Horizon treatment we look at all the repairs it's had, what we know about its structure (not just its surface) and whether it's sufficiently skid resistant."
Richard Bolton, Local Highway Services Group Manager

Q. "Surrey has a piecemeal collection of cycle lanes. How are you going to make cycling an integrated and viable transport solution?"
Philip Sproston from Banstead

A. "At the moment we're focusing on helping people cycle between where they live and work, shop, go to school or catch a train or a bus for longer journeys. Recent improvements have been made in towns like Redhill, Guildford, Woking, Leatherhead, Ashtead and Walton-on-Thames, with more on the way, subject to Government funding."
David Sharpington, Cycle Programme Team Leader

IMPROVING OUR ROADS

working for a better Surrey

To find out more about the work that goes into maintaining Surrey's busy road network visit **surreycc.gov.uk/roads.**

Q. "Do you have a policy for cutting back overgrown hedges that are on private land?"
Barry Kett from Woking

A. "Whoever owns the land where the hedge or bush grows is responsible for making sure it doesn't block the public highway. In the vast majority of cases as soon as we notify a landowner that they need to get trimming they sort it out quite quickly. We do have powers to compel landowners if they ignore our requests but fortunately we don't have to use them very often."
Graham Banks, Arboriculture Team Manager

Q. "Why are so many drains blocked? It means the rain streams down the sides of the road and washes away the edges. Wouldn't it be better to clear the drains so the road lasts longer?"
Phil Gardner from Ewhurst

A. "We clean and maintain the 160,000 road drains in Surrey but some drains get blocked again almost immediately. This is often because there are damaged pipes lower down. If you notice a drain that's not working please report it at **surreycc.gov.uk**."
Richard Bolton, Local Highway Services Group Manager

Q. "Things like dropped kerbs and tactile pavement really help people with disabilities. Why don't all footpaths have them?"
Janice Brown from Dorking

A. "Many of our roads and pavements were built when less consideration was given to people with disabilities. Whenever we do any major maintenance on a road we also assess the accessibility for all users and most busy urban areas now have dropped kerbs and tactile paving. Local Committees work closely with their residents to help us make improvements where they're needed most."
Jane Young, Carriageway Team Leader

Q. "How do you decide whether a stretch of road will be resurfaced, recovered or simply repaired?"
Andrew Christmas from Bramley

A. "We look at every aspect of the road - how busy it is, what condition it's in, what the underlying structure is like, what types of vehicles use it and whether there have been previous problems and accidents. We are more likely to recover or resurface a road the busier it is and the worse its condition."
John Furey, Cabinet Member for Highways, Transport and Flooding

Improving our roads is a priority for Surrey County Council. Find out more at: **surreycc.gov.uk/ourpriorities**

PROTECTING OUR VULNERABLE CHILDREN

working for a better Surrey

The chance of a better life

Making sure that every child in Surrey is protected and supported is one of Surrey County Council's highest priorities. There are challenges, but also lots of examples of hard work and generosity. We spoke to Camberley resident Shazia about her experience of helping young people in Surrey.

Shazia and her husband Mohammad provide supported lodgings and foster care at their home. The two boys they currently care for came to Surrey alone seeking asylum.

"When our children left home it felt like a chance to help other young people," explained Shazia. "I'd heard heart-wrenching stories of young people growing up in care and wanted to do something, so we became a supported lodgings provider for a teenager from Surrey.

"We were then asked if we could look after two young people who were seeking asylum from war-torn countries, so we now provide supported lodgings for a 17-year-old boy from Iraq and we foster a 15-year-old boy from Afghanistan.

"When they arrived they had very little, and it's been amazing to see the smiles on their faces when you bring them a warm meal or some new clothes – things we take for granted that they didn't imagine they would ever have.

"At first it was difficult for them to talk about what they had been through, but they are gradually opening up and realising that we want to help them. The support of social workers from the council's children's services team has also been amazing – they've really gone above and beyond to help us and make sure the boys are happy.

"I work with older and disabled people so I know that social care is stretched, but you have to look at the bigger picture for these children who have been through hell and back and need love and support. Everyone deserves the chance of a better life."

"You have to look at the bigger picture for these children who have been through hell and back and need love and support."

Protecting our vulnerable children is a priority for Surrey County Council. Find out more at: **surreycc.gov.uk/ourpriorities**

Could you help a young person in Surrey?

More foster carers are needed in Surrey to look after children, including those seeking asylum. If you think you could offer a loving foster home to a child, or supported lodgings for a young person aged 16 to 21, visit **surreycc.gov.uk/fosteringandadoption** or phone 08000 96 96 26 to have a chat with a member of the team.

CREATING OPPORTUNITIES FOR OUR YOUNG PEOPLE

working for a better Surrey

A bright future

Dan Lee Grabowski, aged 22 from Walton-on-Thames, grew up in foster care and is now a university student. We spoke to Dan about his experience of leaving care and how an apprenticeship has led to exciting new opportunities.

Dan during his time volunteering in Malawi

What was it like leaving care?
Really tough. You have to quickly go from having a lot of support to being independent. I had some family friends who helped me but becoming involved with the Care Council and getting an apprenticeship at Surrey County Council really helped as well.

Can you tell us a bit more about the Care Council?
It's a group set up by Surrey County Council's children's services team, where young people meet to discuss issues they're facing growing up in care and then work with managers in children's services to make things better.

When you first left care you worked as an apprentice for the council's children's rights team. What was that like?
It was really rewarding to help other young people in care. Working with such experienced people who wanted to hear what I had to say was amazing. I was given a lot of freedom to come up with ideas, but the team were also really supportive.

What impact do you think the apprenticeship has had on your life?
If it hadn't been for the apprenticeship, I wouldn't be at university. I got the chance to work with the communications team and realised it really suited me, so I'm now studying for a degree in public relations.

Any idea what you'd like to do next?
I've recently got back from a volunteering trip to Malawi and would love to do more. I've had lots of support to get me through tough times, but in some parts of the world young people don't have that, so I'd like to be able to help in some way.

To find out about apprenticeship opportunities in Surrey, visit **surreycc.gov.uk/apprenticeships**.

Creating opportunities for young people is a priority for Surrey County Council. Find out more at: **surreycc.gov.uk/ourpriorities**

On your marks get set bake!

We know that we need to keep an eye on how much sugar we have in our diet, but many of us are still having a little too much. Luckily, there are lots of great sugar-free and savoury recipes out there. We asked two keen Surrey bakers to share their favourites with us.

Chorizo, orange and black olive biscotti

Surrey's **Stu Henshall** put his culinary skills to the test on last year's Great British Bake Off. Stu recommends this tasty snack, which makes a great alternative to sugary cakes or biscuits.

- Preheat oven to 140C.
- Line three medium baking trays with greaseproof paper.
- Mix 500g flour, 100g ground almonds, 1 tbsp smoked paprika, 1 tsp sea salt and 1 tsp baking powder.
- Slowly add 4 medium beaten eggs.
- Add rind of 1 large orange, 140g dried black olives, 170g roughly chopped cooked chorizo, 140g chopped sun-dried tomatoes, 200g blanched almonds, 1 tbsp rosemary and 170g Parmesan.
- Mix all the ingredients together with your hands, then split and make into three sausage-shaped pieces.
- Bake for 45 minutes, then leave to cool for 10 minutes.
- Slice diagonally to make your individual biscotti.
- Return to the oven and bake for a further 15 minutes on each side.
- Leave to cool completely before serving.

Sugar-free banana loaf

This healthy loaf was suggested by Farnham resident **Julie Nelson**.

- Preheat oven to 180C. Line a 900g loaf tin with baking paper.
- Mix 120ml oil (rapeseed, sunflower or vegetable) and 2 large eggs until smooth, then add 120ml cold water.
- In a separate bowl mix 210g wholemeal plain flour and 4 tsp baking powder.
- Mash 2 large ripe bananas.
- Intermittently add the flour and mashed bananas to the mixture and beat until smooth.
- Fold in 120g sultanas and 120g chopped nuts (optional). Put the mixture in the loaf tin and bake for 75 minutes.
- Cool for five minutes before serving.

Make some simple sugar swaps

Too much sugar means too many calories, which could turn into fat and cause problems like heart disease and type 2 diabetes. Try these simple swaps to help you and your family get out of bad habits:

Breakfast: Have plain porridge with fruit instead of sugary cereal.

Drinks: Ditch fizzy drinks and try sugar-free alternatives.

After school snack: Try carrot sticks instead of crisps.

Pudding: Leave the ice cream in the freezer and give sugar-free jelly a try instead.

Visit **healthysurrey.org.uk** for more tips and advice.

Keeping families healthy is a priority for Surrey County Council. Find out more at: **surreycc.gov.uk/ourpriorities**

Photo of Stu Henshall: Andrew Ivan Green Photography

VISIT *Weybridge*

If its literary history and reputation as home to the stars isn't enough to inspire a visit to this friendly Surrey town, then a peaceful stroll along the River Wey certainly will.

Walk this Wey

Nothing beats a crisp winter walk, followed by a trip to a local pub or cafe to warm up. The scenic River Wey is just a stone's throw from Weybridge High Street, which is packed with places to stop for something to eat and drink. So why not head to the river for a peaceful stroll and enjoy Surrey's countryside at its best? You'll find more countryside and river walks at **surreycc.gov.uk/explore**.

Books galore

For book lovers, Weybridge has some impressive claims to fame. The classic H G Wells novel War of the Worlds features the town as the scene of one of its many battles. In 'Three Men in a Boat', Jerome K Jerome's humorous story of a boating holiday, the protagonists stop off in Weybridge on their journey along the Thames. And it's not just fiction – this historic town is also mentioned in the Domesday Book of 1086.

A spot for stars

Weybridge has been home to many famous faces over the years, from author E M Forster to footballer Peter Crouch, and in the 1960s it was a hotspot for music royalty. John Lennon lived in the town for four years from 1964, writing hits including Ticket to Ride and I Am The Walrus from his home on the St George's Hill Estate. Other well-known residents have included his fellow Beatle Ringo Starr and the not unusual Sir Tom Jones.

Places to go

If it's a day out you're after look no further, as Weybridge is the perfect base for a jam-packed day of activities. Start off with Brooklands Museum – home of Concorde and the birthplace of British motorsport and aviation. With fun events taking place at the museum throughout the year, be sure to check what's going on when you're nearby. Within the Brooklands site you'll also find Mercedes-Benz World – perfect not just for motoring fanatics but the whole family.

Getting there

Why not leave the car at home and take advantage of the town's great public transport links? Visit **travelsmartsurrey.info** to plan your trip.

Would you like to have your town or village featured in the next edition of Surrey Matters? Email us at surreymatters@surreycc.gov.uk or call 03456 009 009.

What do you think of Weybridge?

Surrey Matters spoke to locals and visitors to find out what they think makes Weybridge special.

Simon from Walton-on-Thames

"It's a nice central town, and easy to get around. It's a pleasant place to visit and I often come here for a coffee."

Mary from Weybridge

"I've lived in Weybridge for 51 years and it's a lovely place to live. It's peaceful and has a village feel to it. The river nearby is a great place to walk."

"Cafe One in Weybridge is great! They do the best hot chocolates."
Steph Hewitt via Twitter

What's on
FEBRUARY–MAY

6 February
Children's reading festival
Bourne Hall Theatre, Ewell
This festival is bursting with activities for children, including the chance to meet best-selling author Jacqueline Wilson.
01372 742555
epsomplayhouse.co.uk

13-21 February
The secret lives of insects
RHS Garden Wisley
Discover how insects move, eat and taste with a week of planting activities and crafts.
0845 260 9000
rhs.org.uk/wisley

15-19 February
Half term fun
Bocketts Farm, Leatherhead
Meet miniature Shetland Ponies, watch Bird of Prey demonstrations and, with baby lambs due, maybe even catch a glimpse of some very new arrivals.
01372 363764
bockettsfarm.co.uk

19 March
Woking Symphony Orchestra spring concert
H G Wells Conference and Events Centre, Woking
Enjoy the music of Rossini, Brahms and Dvorak as the Woking Symphony Orchestra takes to the stage for its spring concert. Starts at 7.30pm.
01932 346840
wokingso.org.uk

26-27 March
Easter egg trail
Runnymede Meadows
Hunt for hidden clues across the meadows and slopes of Runnymede this Easter Saturday and Sunday. 10.30am-4pm.
01784 432891
nationaltrust.org.uk/runnymede

5 April
The Railway Children
Harlequin Theatre, Redhill
Be captivated by this wonderful adaptation of E Nesbitt classic The Railway Children, suitable for all the family.
01737 276500
harlequintheatre.co.uk

12-16 April
The King and I
Barn Theatre, Oxted
Watch Oxted Operatic Society perform this popular Rodgers and Hammerstein musical, based on the 1944 novel Anna and the King of Siam.
01959 561811
barntheatreoxted.co.uk

8 May
Woking Bikeathon
Leisure Centre, Woking
Get in gear and get involved at this fun cycling event to help raise money for local charities. Take your pick from the two routes or get the whole family involved with the kids' bikeathon.
01483 762832
wokingbikeathon.co.uk

30 May
Surrey County Show
Stoke Park, Guildford
Head to this year's county show for a jam-packed day out, with local foods, crafts and farming displays. 8am-6pm.
01483 890810
surreycountyshow.co.uk

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Win!

Enjoy a one night stay for two* at The Talbot in Ripley, which has impressive historic features with a contemporary twist. Relax and unwind next to an open fire in the cosy bar, before finishing your stay in style with a delicious breakfast the next morning. For your chance to win, answer the following question by Monday 7 March at: **surreycc.gov.uk/surreymatters**:

On which street in Ripley will you find The Talbot?

You can also enter by sending the answer with your name, address and phone number to Surrey Matters, Room G29, County Hall, Penrhyn Road, Kingston Upon Thames, KT1 2DN. For terms and conditions, visit **surreycc.gov.uk/surreymatters**

*Thursday to Sunday only. Excludes the first two weeks of July.

You can write to Surrey Matters, Room G29, County Hall, Penrhyn Road, Kingston Upon Thames, KT1 2DN. Produced by Surrey County Council Communications Team and printed on 100% recycled FSC paper. Please recycle this magazine. DB/12/15/CS3175.

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